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# Important role played by old Tamarind pods in Epilepsy treatment in Indian Traditional Healing

- Posted by [Pankaj Oudhia](#) on July 28, 2012 at 14:36
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## Excerpts from my Jungle Diaries (April 2012 onwards) Part-16

(In continuation of Part-15)

“I am aware of importance of old rice and old wine as promising medicine but I have observed that many Traditional Healers keep Amli (Tamarind) up to many years. I have documented a lot on different aspects of Tamarind as Traditional Medicine but stored Tamarind with the Healers always

create big question in my mind?” I was interacting with the Traditional Healers of Sukma region.



(Pictures by Pankaj Oudhia)

“It’s a secret. If any Healer is storing Tamarind up to many years specially up to plus ten years and not ready to sell it at any cost then you can identify the Healer as Traditional Epilepsy Expert. The experts Healers use old stored Tamarind as main remedy while treating acute as well as chronic cases of Epilepsy.” The Healers of Sukma shared the secret.

Epilepsy is considered incurable disease in Modern Medical Sciences. It can be managed but not cured. Epilepsy patients are suggested by Modern Medical Experts to continue medication throughout life. There are many known side effects of Epilepsy drugs but as no other alternative is available the patients have to take it without any break.

“My thirteen year old son was topper in his class but after taking modern drugs for his problem of Epilepsy he is becoming dull both in physical and mental activities. Although his disease is under control but it is mental shock for him to become back bencher among his own classmates.” Few weeks back parent of the young boy from Chhattisgarh were interacting with me.

Since year 1990 I have written a lot on different aspects of Epilepsy disease and Traditional Medicinal Knowledge about herbs and herbal formulations used for it. I interacted with thousands of Healers and recorded the cases successfully treated by them. I interacted with the patients and followed them sincerely many years after treatment. This work made me Epilepsy expert to some extent.

“Keep patients in cool place while giving them Amli internally. Allow them to take bath in cool water.” The Epilepsy expert of Charama region informed.

He uses 15 years old Amli for treatment. Every year he visits to specific Amli trees for collection of medicinal rich pods.

“I have 20 strict criteria for selection of medicinally rich Amli. Trees free from diseases and insects, Trees growing far from human population, Trees growing in fertile soil etc. are important criteria. Amli trees growing near Pipal or Bargad trees are not preferred whereas Amli tree growing near Doomar and Kathpipal are selected with some limitations.” He explained.

After collection and initial processing he keeps it in gunny bags for many years. He uses Negur like botanicals to protect it from storage pest up to many years.

“There is never ending queue of patients with Epilepsy and it is always difficult to arrange stored Amli in bulk. We can say with confidence that if Amli is available in sufficient quantity then most of the cases can be cured without use of other herbs.” The Traditional Healers of Kanker region having expertise in treatment of Epilepsy claimed.

Every year Amli is collected in bulk from different corners of Chhattisgarh for national markets. Seeing the regular demand of old Amli by hundreds of Traditional Healers of different parts of India efforts are required from the authorities side to store it in safe warehouse for the sake of Traditional Healing.

“We are aware that the stored Amli is higher in price but it is not a problem for us. We can suggest the patients to come with old Amli when they come for treatment. In general they waste thousands of rupees as fees of modern medical experts as well as urban quacks with no result. They can easily bear the expense of old Tamarind.” The Healers said.

They are right. I always write in my articles that most of the Healers still take no fee for the treatment.

While documenting Traditional Knowledge about famous Tree Shade Therapy of Indian state of Chhattisgarh I noted that the Healers consider the shade of large Tamarind tree responsible for many diseases. The patients with any type of skin disease are strictly suggested to remain far from this shade. The Healers treating patients with Epilepsy don't give special instruction about Tamarind Tree Shade but in general they also consider the shade harmful.

But surprisingly they use its pods as sure cure.

“Old Amli pods are useful with special structure on old trees known as MADANG. One must use MADANG externally and old pods internally in order to cure Epilepsy totally. The Healers of Durg region claim but I noted that the use of MADANG is limited to this region only. It seems that alone old pods are capable of treating Epilepsy.

The Healers of Jharkhand region consider old pods of Amli beneficial for everyone.

“Simply dip the edible part in water overnight and next morning take it internally with sugar and salt even if you are not a patient with Epilepsy. It acts in miraculous way to increase the resistance power of your body. It is promising preventive to Epilepsy.” They explained.

In Indian Traditional Healing lots of herbs and herbal formulations are there for prevention of many diseases like Diabetes, Cancer, Epilepsy etc. but unfortunately common natives are not aware of it.

“You can add the promising herbs and herbal formulations in your routine diet and through this simple way take advantage of it.” The Healers suggest.

In general animal product Gorochan is used as promising medicine for Epilepsy. I have documented this unique Traditional Medicinal Knowledge of India.

“We use both old pods of Amli and Gorochan as sure cure for Epilepsy, many times in combination also but there is no general recommendation. Before deciding the suitable medicine we conduct some tests.” The Traditional Healers of Basna region informed. During documenting Traditional Medicinal Knowledge about Epilepsy herbs I collected information about over 1000 Formulations in which Gorochan and Amli are used as main ingredients.

“Let's visit to rice fields for collection of crabs. Gorochan and old Amli pods are with me.” I was interacting with the Healer of Mainpur region.

He is known in the region for his expertise in treatment of all types of cases of Epilepsy. He only treats Epilepsy.

“Crab’s meat is very beneficial for the patients having Epilepsy and when it is given with Gorochan and old Amli pods based Formulations, these formulations act in miraculous way.” He shared valuable Traditional Knowledge.

I have mentioned in previous research articles that most of the herbs are treated by the Traditional Healers before collection and use. Through this process medicinal herbs are enriched with desired medicinal properties. This knowledge is known as Traditional Allelopathic Knowledge. In case of use of Amli pods in Epilepsy very few expert Healers practice this knowledge.

(Pictures by Pankaj Oudhia)

Encouraged by Amazing results of use of old Tamarind pods in treatment of Epilepsy I requested some research groups from North India to visit and meet the expert Healers for systematic studies on their promising Traditional Formulations.

(contd.)

Related Links

Pankaj Oudhia’s Medicinal Plant Database

[www.pankajoudhia.com](http://www.pankajoudhia.com)

Millions of Pages on Indian Traditional Healing

<http://www.scribd.com/pankajoudhia>

Thousands of Films and Film Strips

<https://www.youtube.com/user/pankajoudhia>

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<http://www.flickr.com/photos/pankajoudhia/>

List of Medicinal Plants added as Secondary Ingredients in Traditional Epilepsy Formulations

Cyperus distans L.

*Cyperus distans* L. var. *pseudonutans* Kuek.

*Cyperus elatus* L.

*Cyperus esculentus* L.

*Cyperus exaltatus* Retz.

*Cyperus halpan* L.

*Cyperus imbricatus* Retz.

*Cyperus iria* L.

*Cyperus laevigatus* L.

*Cyperus latovaginatus* Govindarajalu

*Cyperus lurida* Govindarajalu

*Cyperus michelianus* (L.) Link. subsp. *pygmaeus* (Rottb.) Asch. & Graebn

*Cyperus nutans* Vahl var. *nutans*

*Cyperus natans* Vahl var. *eleusinoides* (Kunth) Haines

*Cyperus pangorei* Rottb.

*Cyperus pilosus* Vahl

*Cyperus platyphyllus* Roem. & Schultes

*Cyperus platystylis* R. Br.

*Cyperus plumbeonuceus* Govindarajalu

*Cyperus polyanthellus* Govindarajalu

*Cyperus procerus* Rottb.

*Cyperus pygmaeus* Rottb.

*Cyperus rotundus* L. subsp. *rotundus*

*Cyperus rotundus* L. subsp. *tuberosus* (Rottb.) Kuek.

*Cyperus rubicundus* Vahl

*Cyperus rubriglomosus* Govindarajalu

*Cyperus sesquiflorus* (Torr.) Mattf. & Kuek. var. *cylindricus* (Nees) Kuek.

*Cyperus sphacelatus* Rottb.

*Cyperus stoloniferous* Retz.

*Cyperus stricticulmis* Govindarajalu

*Cyperus sulcinus* Clarke

*Cyperus tenuiculmis* Boeckeler

*Cyperus tenuispica* Steud.

*Eleocharis acutangula* (Roxb.) Schultes

*Eleocharis atropurpurea* (Retz.) Presl.

*Eleocharis congesta* D. Don

*Eleocharis dulcis* (Burm.f.) Henschel

*Eleocharis geniculata* (L.) Roem. & Schultes

*Eleocharis retroflexa* (Poir.) Urban subsp. *chaetaria* (Roem. & Schult.) Koyama

*Eleocharis spiralis* (Rottb.) Roem. & Schultes

*Eleocharis tetraquetra* Nees

*Fimbristylis aestivalis* (Retz.) Vahl

*Fimbristylis aggregata* Fischer

*Fimbristylis amplocarpa* Govindarajalu

*Fimbristylis aphylla* Steud.

*Fimbristylis argentea* (Rottb.) Vahl

*Fimbristylis bisumbellata* (Forssk.) Bubani

*Fimbristylis cinnamometorum* (Vahl) Kunth

*Fimbristylis complanata* (Retz.) Link

*Fimbristylis consanguinea* Kunth

*Fimbristylis contorta* Fischer

*Fimbristylis crystallina* Govindarajalu

*Fimbristylis cymosa* R. Br. subsp. *spathacea* (Roth) T. Koyama

*Fimbristylis dichotoma* (L.) Vahl subsp. *dichotoma*

*Fimbristylis dichotoma* (L.) Vahl subsp. *podocarpa* (Nees & Meyen) Koyama

*Fimbristylis dichotoma* (L.) Vahl subsp. *glauca* (Vahl) Koyama

*Fimbristylis dipsacea* (Rottb.) Clarke

*Fimbristylis eragrostis* (Nees & Meyen ex Nees) Hance

*Fimbristylis falcata* (Vahl.) Kunth

*Fimbristylis ferruginea* (L.) Vahl

*Fimbristylis kingii* Clarke

*Fimbristylis latiglumifera* Govindarajalu

*Fimbristylis latinucifera* Govindarajalu

*Fimbristylis longistigmata* Govindarajalu

*Fimbristylis miliacea* (L.) Vahl

*Fimbristylis monospicula* Govindarajalu

*Fimbristylis monticola* Hochst. ex Steud.

*Fimbristylis narayanii* Fischer

*Fimbristylis nutans* (Retz.) Vahl

*Fimbristylis ovata* (Burm. F.) Kern

*Fimbristylis pauperula* Boeckeler

*Fimbristylis pentaptera* (Nees) Kunth

*Fimbristylis pierotii* Miq.

*Fimbristylis polytrichoides* (Retz.) R. Br.

*Fimbristylis pustulosa* Govindarajalu

*Fimbristylis quinquangularis* (Vahl) Kunth var. *crassa* C. B. Clarke

*Fimbristylis rectifolia* Govindarajalu

*Fimbristylis rigidiuscula* Govindarajalu

*Fimbristylis rugosa* Govindarajalu

*Fimbristylis salbundia* (Nees) Kunth

*Fimbristylis scabrisquama* Govindarajalu

*Fimbristylis schoenoides* (Retz.) Vahl

*Fimbristylis semidisticha* Govindarajalu

*Fimbristylis sieberiana* Kunth

*Fimbristylis squarrosa* Vahl var. *esquarrosa* Makino

*Fimbristylis strigosa* Govindarajalu

*Fimbristylis tenera* Roem. & Schultes

*Fimbristylis tetragona* R. Br.

*Fimbristylis tortifolia* Govindarajalu



*Fimbristylis triflora* (L.) Schum. ex Engler

*Fimbristylis tristachya* R. Br.

*Fimbristylis uliginosa* Hochst. ex Steud

*Fimbristylis woodrowii* Clarke

*Fuirena ciliaris* (L.) Roxb.

*Fuirena pubescens* (Lam.) Kunth var. *pergamentacea* Fischer

*Fuirena trilobites* Clarke

*Fuirena umbellata* Rottb.

*Fuirena uncinata* (Willd.) Kunth

*Fuirena wallichiana* Kunth

*Hypolytrum nemorum* (Vahl) Spreng

*Kylinga brevifolius* Rottboell

*Kylinga bulbosa* P. Beauv.

*Kylinga hyalina* (Vahl) T. Koyama

*Kyllingia nemoralis* ( J. R. & G. Forst.) Dandy ex Hutchinson & Dalziel

*Kyllingia malanosperma* Nees

*Lipocarpha chinensis* (Osbeck.) Kern

*Lipocarpha raynaleana* Govindarajalu

*Lipocarpha sphacelata* (Vahl.) Kunth

*Mariscus clarkei* (Cooke) T. Koyama

*Mariscus compactus* (Retz.) Bolding

*Mariscus cyperinus* (Retz.) Vahl

*Mariscus dubius* (Rottboell) Kukenth ex C.E.C. Fischer

*Mariscus paniceus* (Rottboell.) Vahl

*Mariscus squarrosus* (L.) Clarke

*Mariscus sumaterensis* (Retz.) A. Raynal

*Pycreus flavescens* L.

*Pycreus flavidus* (Retz.) T. Koyama

*Pycreus polystachyos* (Rottboell) Beauv.

*Pycreus pumilus* (L.) Nees ex Clarke

*Pycreus puncticulatus* (Vahl) Nees

*Pycreus sanguinolentus* (Vahl) Nees

*Pycreus stramineus* (Nees) Clarke

*Pycreus unioloides* (R. Br.) Urb. var. *angulatus* (Nees) Domin.

*Rhynchospora corymbosa* (L.) Britton

*Rhynchospora gracillima* Thw.

*Rhynchospora rubra* (Lour.) Makino

*Rhynchospora rugosa* (Vahl.) Gale

*Rikliella squarrosus* (L.) Raynal

*Schoenoplectus articulatus* (L.) Palla

*Schoenoplectus grossus* (L. f.) Palla

*Schoenoplectus juncoides* (Roxb) Palla

*Schoenoplectus littoralis* (Schrad.) Palla subsp. *subulatus* (Vahl) Koyama

*Schoenoplectus mucronatus* (L.) Palla

*Schoenoplectus senegalensis* (Steud.) Palla ex Raynal

*Schoenoplectus supinus* (L.) Palla subsp. *lateriflorus* (Gmel.) Koyama

*Scirpus fluitans* L.

*Scirpus maritimus* L.

*Scirpus subcapitatus* Thw.

*Scleria caricinia* (R. Br.) Benth

*Scleria corymbosa* Roxb.

*Scleria lithosperma* (L.) Sw. var. *lithosperma*

*Scleria lithosperma* (L.) Sw. var. *linearis* Benth

*Scleria lithosperma* (L.) Sw. var. *multispiculata* Govindarajalu

*Scleria levis* Retz.

*Scleria mikawana* Makino

*Scleria parvula* Steud.

*Scleria terrestris* (L.) Fassett

*Acrachne henrardiana* (Bor) Phillips

*Acrachne racemosa* (Heyne ex Roth) Ohwi

*Acrachne sundararajii* Umamahesw. et al

*Aeluropus lagopoides* (L.) Trin ex Thw.

*Agrostis micrantha* Stue.

*Agrostis peninsularis* Hook.f.

*Agrostis pilosula* Trin.

*Agrostis schmidii* (Hook. f.) Fischer

*Agrostis stolonifera* L.

*Agrostis zenkeri* Trin.

*Alloteropsis cimicina* (L.) Stapf

*Andropogon hallii* Hack.

*Andropogon lividus* Thw.

*Andropogon longipes* Hack.

*Andropogon polytychus* Steud.

*Andropogon pumilus* Roxb.

*Anthoxanthum borii* Jain & Pal

*Anthoxanthum odoratum* L.

*Apluda mutica* L.

*Apocopis courtallumensis* (Steud.) Henrard

*Apocopis vaginata* Hack.

*Aristida adscensionis* L.

*Aristida funiculata* Trin & Rupr.

*Aristida hystrix* L.

*Aristida mutabilis* Trin. & Rupr.

*Aristida setacea* Retz.

*Arthraxon castratus* (Griff.) Narayanaswami ex Bor

*Arthraxon depressus* Stapf ex Fischer

*Arthraxon lanceolatus* (Roxb.) Hochst.

*Arthraxon micans* (Nees) Hochst.

*Arthraxon prionodes* (Steud.) Dandy

*Arthraxon quartinianus* (A. Rich) Nash

*Arundinaria walkeriana* Munro

*Arundinaria wightiana* Nees

*Arundinella ciliata* (Roxb.) Nees ex Miq.

*Arundinella hookeri* Munro ex Keng

*Arundinella leptochloa* (Nees ex Steud.) Hook

*Arundinella mesophylla* Nees ex Steud

*Arundinella nepalensis* Trin.

*Arundinella nervosa* (Roxb.) Nees ex Hook. & Arn.

*Arundinella pumila* (Hochst. ex A. Rich) Steud.

*Arundinella purpurea* Hochst. ex Steud var. *purpurea*

*Arundinella purpurea* Hochst. ex Steud. var. *laxa* Bor

*Arundinella setosa* Trin. var. *setosa*

*Arundinella setosa* Trin. var. *nilagiriana* Subbarao & Kumari

*Arundinella vaginata* Bor

*Arundo conspicua* Forst.

*Arundo donax* L.

*Avena byzantina* K. Koch

*Avena fatua* L.

*Avena sativa* L.

*Avena sterilis* L. var. *ludoviciana* (Durieu) Gill & Magne

*Axonopus compressus* ( Sw.) P. Beauv.

*Bambusa bambos* Voss

*Bothriochloa bladhii* (Retz.) S. T. Blake

*Bothriochloa foulkesii* (Hook. f.) Henrard

*Bothriochloa insculpta* (Hochst. ex A. Rich.) A. Camus

*Bothriochloa kuntzeana* (Hack.) Henrard

*Bothriochloa pertusa* (L.) A. Camus

*Bothriochloa pseudoischaemum* (Nees ex Steud.) Henrard

*Brachiaria distachya* (L.) Stapf

*Brachiaria eruciformis* (J. E. Smith) Griseb.

*Brachiaria kurzii* (Hook. f.) A. Camus

*Brachiaria miliiformis* (J. S. Presl) Chase

*Brachiaria muna* Basappa

*Brachiaria mutica* (Forssk.) Stapf

*Brachiaria nilagirica* Bor

*Brachiaria ramosa* (L.) Stapf

*Brachiaria remota* (Retz.) Haines

*Brachiaria reptans* (L.) Gard. & Hubbard

*Brachiaria Semiundulata* (Hochst. ex A. Rich)

*Brachiaria Semiverticillata* (Rottl.) Alston

*Brachiaria setigera* (Retz.) Hubbard

*Brachypodium distachyon* (L.) P. Beauv.

*Brachypodium sylvaticum* (Huds.)

*Briza maxima* L.

*Briza media* L.

*Briza minor* L.

*Bromus arvensis* L.

*Bromus catharticus* Vahl

*Bromus diandrus* Roth

*Bromus ramosus* Huds.

*Capillipedium filiculme* (Hook. f.) Stapf

*Capillipedium huegelii* (Hack.) Camus

*Capillipedium parviflorum* (R. Br.) Stapf.

*Cenchrus biflorus* Roxb.

*Cenchrus ciliaris* L.

*Cenchrus glaucus* Mudaliar & Sundararaj

*Cenchrus pennisetiformis* Hochst. & Steud. ex Steud.

*Cenchrus setigerus* Vahl.

*Centotheca lappacea* (L.) Desv.

*Chionachne koenigii* (Spreng.) THw.

*Chionachne Semiteres* (Benth. ex Hook. f.) Henrard

*Chloris barbata* Sw.

*Chloris bournei* Rang. & Tidl.

*Chloris dolichostachya* Lagasca

*Chloris gayana* Kunth ex Stapf.

*Chloris montana* Roxb.

*Chloris pycnothrix* Trin.

*Chloris roxburghiana* Schultes

*Chloris virgata* Sw.

*Chloris wightiana* Nees ex Steud.

*Chrysopogon aciculatus* (Retz.) Trin.

*Chrysopogon asper* (Heyne ex Hook. f.) Blatter & Mc Can

*Chrysopogon copei* Mohanan et Ravi

*Chrysopogon fulvus* (Spreng) Choiv.

*Chrysopogon hackelii* (Hook.f.) Fischer

*Chrysopogon orientalis* (Desv.) A. Camus

*Chrysopogon zeylanicus* (Nees ex Steud.) Thw.

*Coelachne perpusilla* (Arn. ex Steud.) Thw. var. *perpusilla*

*Coelachne perpusilla* (Arn. ex Steud.) Thw. var. *nilagirica* Ved Prakash & Jain

*Coelachne simpliciuscula* (Wight & Arn. ex Steud) Munro ex Benth

*Coelachyropsis lagopoides* (Burm.f.) Bor

*Coix aquatica* Roxb.

*Coix gigantea* Koen. ex Roxb.

*Coix lacryma-jobi* L.

*Cortaderia selloana* (Schultes) Asch. & Graebn.

*Cymbopogon caesius* (Nees ex Hook. & Arn.)



*Cymbopogon citratus* (DC.) Stapf

*Cymbopogon coloratus* (Hook. f.) Stapf.

*Cymbopogon flexuosus* (Nees ex Steud.) Wats var. *flexuosus*

*Cymbopogon flexuosus* (Nees ex Steud.) Wats var. *coimbatorensis* Gupta

*Cymbopogon gidarba* (Ham. ex Steud.) Haines

*Cymbopogon jwarancusa* (Jones) Schultes subsp. *olivieri* (Boiss.) Soenarko

*Cymbopogon martinii* (Roxb.) Wats.

*Cymbopogon nardus* (L.) Rendle var. *nardus*

*Cymbopogon nardus* (L.) Rendle var. *confertiflorus* (Steud.) Stapf ex Bor

*Cymbopogon polyneuros* (Steud.) Stapf

*Cymbopogon travancorensis* Bor

*Cynodon arcuatus* J. S. Presl.

*Cynodon barberi* Rang & Tad.

*Cynodon dactylon* (L.) Pers.

*Cynodon plectostachyus* (Schum ex Engler) Pilger

*Cyrtococcum deccanense* Bor

*Cyrtococcum longipes* (Wight & Arn. ex Hook. f.) A. Camus

*Cyrtococcum muricatum* (Retz.) Bor

*Cyrtococcum oxyphyllum* (Steud.) Stapf.

*Cyrtococcum patens* (L.) A. Camus

*Cyrtococcum sparsicomum* (Nees ex Steud.) A. Camus

*Cyrtococcum trigonum* (Retz.) A. Camus

*Dactylis glomerata* L.

*Dactyloctenium aegyptium* (L.) Willd.

*Dendrocalamus strictus* (Roxb.) Nees

*Desmostachya bipinnata* (L.) Stapf

*Dichanthium annulatum* (Forssk.) Stapf

*Dichanthium aristatum* (Poir) Hubbard

*Dichanthium caricosum* (L.) A. Camus

*Dichanthium foveolatum* (Del.) Roberty

*Dichanthium oliganthum* (Hochst.ex Steud.) Cope

*Dichanthium pallidum* (Hook. f.) Stapf ex Fischer

*Dichaetaria wightii* Nees ex Steud.

*Digitaria abludens* (Roem. & Schultes) Veldk.

*Digitaria bicornis* (Lam.) Roem. & Schultes ex Loud.

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